metro
NEW YORK CITY NO. 1 FREE DAIL
Monday, August 13, 2018 metro.us | t: MetroNewYork | etroNe

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HIGH SOCIETY
Catch a buzz at NY's first CBD-centric bar. 14

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Enjoy some free fun on Museum Day. 15

Will bikeshares spell the end of bike rooms in the city? 4

HOP QUIZ

Athlete Training Club bills itself as the 'SAT of Fitness,' and begins its search today for America's best pound-for-pound high school athlete, and so far one high school in the Bronx has accepted its 'Combine Challenge.' 10-11

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GETTY IMAGES

Lauletta, Bridgewater impressing in preseason. 19

5 THINGS TO KNOW

WELCOME TO METRO.US

JEFF TOMKO, NEWS EDITOR

LeBron or MJ? Ali or Marciano? Ronaldo or Messi? The debate of the greatest athlete is what keeps sports radio and Reddit boards thriving. Now a new digital platform is using technology to find the best pound-for-pound high school athlete in the nation when its "Combine Challenge" launches today. And so far, one Bronx school is taking the challenge, with the help of a local Stanley Cup icon. Find out more about Athlete Training Club's fitness and educational mission on pages 10-11 and at **metro.us.**

WHITE NATIONALIST RALLY IN WASHINGTON SPUTTERS

1 A white nationalist rally in the heart of Washington drew around 20 demonstrators and hundreds of chanting counterprotesters on Sunday, the one-year anniversary of racially charged violence in Charlottesville, Virginia. A large police presence kept the two sides separated in Lafayette Square, in front of the White House. After roughly two hours and a few speeches, the "Unite the Right 2" rally ended early when it began to rain and two police vans escorted the demonstrators back to Virginia. Sunday's events, while tense at times, were a far cry from the street brawls that broke out in downtown Charlottesville a year ago, when a local woman was killed by a man who drove his car into a crowd of counterprotesters. "Unite the Right 2" had been denied a permit in Charlottesville this year, but did secure one for Washington. Organizers planned for up to 400 protesters. At the head of the white nationalist group was Virginia activist Jason Kessler, who helped organize last year's event in Charlottesville. He emerged with a handful of fellow demonstrators from a subway station holding an American flag.

OMAROSA RELEASES WHITE HOUSE RECORDING

2 Former White House aide and reality television participant Omarosa Manigault Newman played a recording in a TV interview on Sunday of her dismissal and indicated she had other recordings from her time in the Trump administration. "I have to protect myself and I have no regret about it," Omarosa said on NBC's "Meet the Press." Omarosa left the White House in December and Sunday's interview coincided with the release of her book, "Unhinged: An Insider Account of the Trump White House," detailing her time there. On the recording, White House Chief of Staff John Kelly can be heard talking to Omarosa in the Situation Room. "We want to talk to you about leaving the White House," Kelly said, as he cited integrity issues for her leaving. "It's important to understand that if we make this a friendly departure ... you can go on without any type of difficulty in the future relative to your reputation." When asked on "Meet the Press" how often she made recordings during her time working for President Donald Trump, Omarosa said: "This is a White House where everybody lies ... you have to have your own back."

GETTY IMAGES

WORLD ELEPHANT DAY CELEBRATED IN INDIA

3 Wildlife Trust of India organized a four-day celebration of the majestic Asian elephant starting Sunday, which is also the World Elephant Day. The Event is being held at the Gaj Mahotsav in association with the Ministry of Environment, Forests and Climate Change (MoEFCC), and partnered by the International Fund For Animal Welfare (IFAW) and United Nations Environment (UNE), at Indira Gandhi National Centre for the Arts at Janpath in New Delhi, India.

ALLEGED SEATTLE PLANE THIEF WAS 'ADVENTURER'

4 The airline worker who stole an empty airplane from a Seattle airport on a flight that ended in his death once ran a bakery with his wife and enjoyed the benefits that came with his job to travel the world, social media posts showed. Richard Russell, who liked to be called Beebo, was a 29-year-old man living in Sumner, Washington, who was born in Key West, Florida, and moved to Wasilla, Alaska, when he was 7 years old, according to a web page he set up for a college communications class. He has not been officially named by authorities, but his family and multiple news media outlets have reported his identity. Russell worked for Horizon Airlines, a sister carrier of Alaska Airlines [ALKAIR.UL], as a ground service agent who helped baggage handlers and was part of Horizon's tow team, which moved planes around on the tarmac. It was a job that gave him the perk of "being able to fly to Alaska at my leisure," he wrote on the page. In a video posted on YouTube last December, Russell shows luggage coming off and being loaded onto aircraft, and describes what the life of a ground service agent can entail.

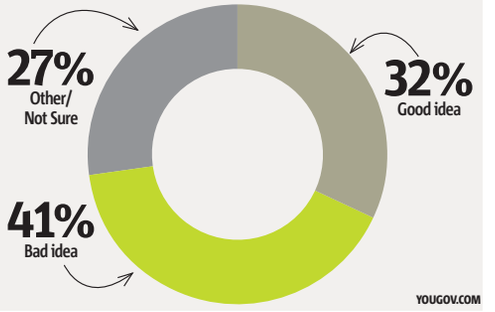
US HOUSE CANDIDATES VULNERABLE TO HACKS

5 Three of every 10 candidates running for the U.S. House of Representatives have significant security problems with their websites, according to a new study by independent researchers that underscores the threat hackers pose to the November elections. The research was due to be unveiled on Sunday at the annual Def Con security conference in Las Vegas, where some attendees have spent three days hacking into voting machines to highlight vulnerabilities in technology running polling operations. A team of four independent researchers led by former National Institutes for Standards and Technology security expert Joshua Franklin concluded that the websites of nearly one-third of U.S. House candidates, Democrats and Republicans alike, are vulnerable to attacks. NIST is a U.S. Commerce Department laboratory that provides advice on technical issues, including cyber security. Using automated scans and test programs, the team identified multiple vulnerabilities, including problems with digital certificates used to verify secure connections with users, Franklin told Reuters ahead of the presentation.

STATS

SPACE FORCE

The Trump administration has directed the Pentagon to begin creating a Space Force, which will be a new branch of the U.S. Armed Forces dedicated to operations in outer space. Do you think this is a good idea or bad idea?



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Bike rooms were once a must-have building amenity in New York City, but what will become of them as more residents turn to bikeshares over bike ownership? PROVIDED

Will bikeshares cause city's bike rooms to ride into the sunset?

Bike rooms were once a must-have building amenity, but as more New Yorkers turn to bikeshares, we may see a new real estate amenity trend.

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With the arrival of dockless bikes to New York City and Citi Bike's continual expansion, bikeshares have definitely ridden their way into the lives of countless New Yorkers — and the city's real estate landscape.

The vast majority of residential buildings across the five boroughs offer bike rooms or some sort of accommodation for cyclists. Some take their bike amenities even further. For example, Circa Central Park provides free building-branded bicycles, while The Ashland in Brooklyn offers professionally led bike tours through the neighborhood on select summer weekends.

But as more and more New Yorkers turn to bikeshares over bike ownership, will those amenities change — and will bike rooms inevitably ride into the sunset as a must-have amenity?

> **"I don't think we're looking at a complete disappearance of this amenity."**
> Aleksandra Scepanovic

"Most commuters in the Big Apple who use bikes to get to their destinations will still need options to store them, but bikeshare popularity may see diminishing spaces in the future," said Aleksandra Scepanovic, founder and managing director of Ideal Properties Group.

Scepanovic herself used to own a bike when she lived in a bigger building, but she's since converted to a Citi Bike membership. Even if others follow suit, "I don't think we're looking at a complete disappearance of this amenity," she said.

Scepanovic, however, is already seeing a trend among Ideal Property Group's clients, particularly historic townhouses in Brooklyn, that are repurposing their bike storage into stroller storage or general storage areas.

So if we do see less need for bike storage, what might become of that valuable space?

"I think down the road we'll see bike areas turned into communal areas, maybe larger media rooms, gym space, storage space or working space for those who work from home," Scepanovic said.

With frequent transit woes and the looming L train shutdown — and its weekend shutdowns between now and then — it's a safe bet that this budding biking trend will be the first of many.

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Website identifies the city's pedestrian and cyclist traffic accident danger zones

Localize.city took a look at the areas in New York with the most traffic accidents that lead to pedestrian and cyclist injuries.

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Despite the city's work with Vision Zero, there are still some dangerous areas for pedestrians and cyclists concerning traffic accidents, according to Localize.city. GETTY IMAGES

Officials have been working to make New York City streets safer through the Vision Zero initiative, but the city's not quite free of traffic accidents just yet.

There are some areas that pedestrians and cyclists should be extra cautious around, according to Localize.city. The data website identified the 12 most dangerous areas in New York City for traffic accidents in a recent report.

"This study looks at dangerous intersections from the perspective of residential buildings, pinpointing the buildings that are surrounded by intersections with the most crashes that injured or killed pedestrians and cyclists," said Localize.city data scientist Israel Schwartz in an email. "The immediate area of these buildings were found to be the most dangerous based on the crash rates for each intersection."

This doesn't mean there's one specific intersection with the most traffic accidents, but instead Localize.city identified "hot spots" or clusters that pose a greater risk to pedestrians and cyclists.

In these areas, pedestrians and cyclists are at a risk three times greater than elsewhere in New York City of being injured or killed in traffic accidents, per Localize.city.

Traffic accident fatalities have been dropping across New York City. The first half of 2018 was a record-low period for fatalities, according to the mayor's office, and 2017 overall was the city's safest year on record.

Since officials adopted Vision Zero in New York City in 2014, traffic fatalities have dropped 28 percent and pedestrian fatalities by 45 percent.

Localize.city praised the city's work, and its data scientists hope their report can supplement that Vision Zero progress.

"We know how to prevent death and serious injury on our streets, and with this study, we also have a better understanding of where the city should target investments in safer street redesigns," said Paul Steely White, executive director of Transportation Alternatives, in a statement. "Traffic deaths are falling in New York thanks to the city's data-driven approach to street safety."

The 12 most dangerous areas for pedestrians and cyclists in NYC

- **Manhattan**
  Lower East Side/Little Italy/Soho: concentrated around Delancey/ Kenmare Street. Between Spring and Grand streets, from Broadway to Forsyth Street
- **Brooklyn**
  Williamsburg: General boundaries between Lee Avenue and North Seventh/Metropolitan Avenue, from Berry Street to Bushwick Avenue
  Downtown Brooklyn: Between Atlantic Avenue and Willoughby Street, from Boerum Place and Bond Street
  Crown Heights/Bed-Stuy: Between Pacific and Fulton streets, from Bedford to Brooklyn avenues
- **Bronx**
  Fordham/University Heights: Between Aqueduct Avenue/ Ryer Avenue, from West Fordham Road and West Tremont Avenue
- **Queens**
  Corona: Between 35th and Roosevelt Avenues, from 94th to 108th streets
  Jackson Heights: Between 37th Avenue and Broadway, from 76th Street to 84th Street/Whitney Avenue
  Flushing: Between College Point Avenue and Parsons Boulevard, from 37th to Franklin avenues
  Ridgewood: General boundaries between Woodward and Myrtle avenues, from Grove Street to Forest Avenue
  Jamaica: Between 89th to 90th avenues, from 164th Street to 168th Place
- **Staten Island**
  St. George/Tompkinsville: From Jersey to Bay streets, between Victory Boulevard to Fort Place/ Taft Avenue
  Stapleton: General boundaries between Bay/ Van Duzer streets, from Wright to Tompkins streets

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Iconic FAO Schwarz returns with LaGuardia Airport store

Get ready to dance on that infamous piano mat as FAO Schwarz is setting up shop in Terminal B at LaGuardia Airport this year. HUDSON GROUP FOR LAGUARDIA GATEWAY PARTNERS

The iconic toy store and other retailers will open later this year in the new-and-improved Terminal B at LaGuardia Airport.

NIKKI M. MASCALI
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Get ready to make some music on that infamous piano mat: FAO Schwarz is returning to New York City later this year when the iconic toy store sets up shop at LaGuardia Airport.

FAO Schwarz, which closed its Fifth Avenue flagship in July 2015, is among the first retailers moving into Terminal B at LaGuardia Airport. Its neighbors include SoHo-based indie bookseller McNally Jackson, Hudson, LaGuardia Dufry Duty Free Shops, MAC, Spa Here and District Market, which will feature Made in Queens products.

The latest retail offerings in the new Terminal B promise a best-in-class visitor experience that both New Yorkers and travelers can be proud of," said Ed Baklor, chief commercial officer of LaGuardia Gateway Partners. "By listening to guest feedback and collaborating with our partners, we've created a unique environment you can only find at LaGuardia Terminal B, featuring the best of New York City."

$5.1B

The terminal's $5.1 billion redevelopment project will eventually bring more than 50 new eateries, shops and services to this eastern portion of LaGuardia Airport.

In addition to FAO Schwarz and other retailers, Terminal B at LaGuardia Airport will include food and drink spots Shake Shack, Irving Farm Coffee Roasters, Osteria Fusco, La Chula Bar & Taqueria, Kingside Bar & Restaurant and Five Boroughs Market.

Terminal B shops and gates will open in phases, with the first coming later this year. The terminal's $5.1 billion redevelopment project will eventually bring more than 50 new eateries, shops and services to this eastern portion of LaGuardia Airport. Even more will be added when the main and western parts of the terminal are completed.

The new-and-improved Terminal B is part of the $8 billion LaGuardia Airport development plan unveiled by Gov. Andrew Cuomo in 2015. Private financing and existing passenger fees are funding 80 percent of the initiative.

The rest of the project, which is being constructed as the airport remains operational, will include a new Terminal C, to replace the current Terminal C and D, roadway improvements, new parking infrastructure and more.

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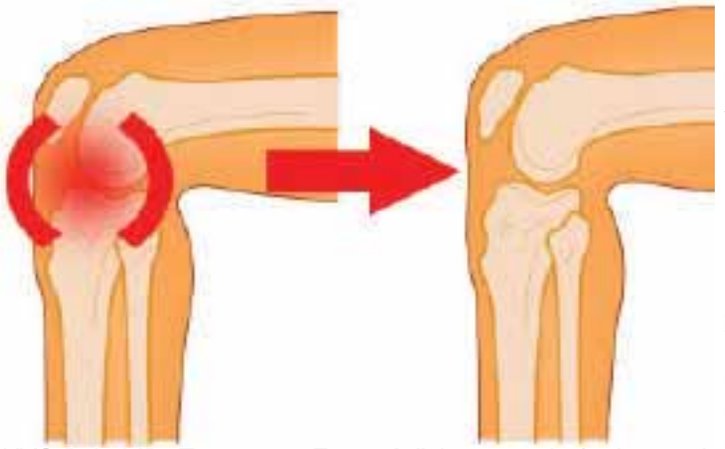

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- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you MUST KNOW....

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these "gel injections" without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

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A new digital platform launches a nationwide search for the 'best pound-for-pound athlete'

A Bronx school, with the help of Rangers great Mark Messier, hopes to win part of Athlete Training Club's $25,000 prize.

JEFF TOMKO
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In its quest to uncover the next Cristiano Ronaldo or Mark Messier, a new digital platform may have forever changed the sports debate landscape as well as a local school's athletic future.

Athlete Training Club has developed an algorithm that regardless of age, size, gender and sport, can quantifiably determine the best pound-for-pound athlete. On Monday the tech start-up begins its search when it launches its 20-week "Combine Challenge," an online athletic competition in which student-athletes nationwide will face off in a host of physical fitness events ranging from squats to sprints for the title of best "pound-for-pound" athlete.

The combine just may uncover a potential Messier, who's representing the Bronx's International School of Liberal Arts (ISLA) and is one of nearly two dozen celebrities and pro athletes who've nominated schools throughout the country for ATC's contest.

ATC's long-term mission reaches beyond discovering the future G.O.A.T. or settling any Reddit-board arguments. It hopes to level the fitness playing fields — especially in inner city schools — through education and resources, part of the reason it bills itself as the "SAT of Fitness."

> **"Access and opportunity are the two most important things ..."**
> Mark Messier

"The biggest hindrance that most kids have to improving is a lack of information about themselves, their training, their diet and nutrition," ATC co-founder Ben Aronson says. "Our goal to breaking down these barriers is to give athletes and their coaches more information so they can make better decisions."

There's also $25,000 in total prize money earmarked for athletic program funding on the line. According to nonprofit Up2US, $3.5 billion was cut from schools' sports budgets between 2009 to 2011. If current trends continue, an estimated 27 percent of U.S. public high schools won't have any sports by 2020, a staggering statistic considering student athletes are four times more likely to attend college and have 40 percent higher test scores, according to Up2US.

It was during his days on his high school wrestling team that Aronson became intrigued with the "pound-for-pound" debate, as strength disproportionalities among the weight classes led to unanswerable locker room debates. After college, he and a team created what they call a "proprietary normalizing algorithm," which can isolate raw athleticism from factors such as weight, height, age, even gender, and come up with a true "pound-for-pound" score.

"When you're watching the NFL combine, there's a good debate to be had whether the 300-pound lineman who ran a 5-flat 40 is more impressive than the back who ran a 4.2," Aronson says. "That's how we came about this 20-week challenge — to really measure this part of athleticism and pit different types of athletes against each other."

ATC's combine loosely resembles the NFL combine, but with a single weekly physical fitness test for participants, who will submit their results via video upload to be then verified and approved (or denied) by a team

ISTOCK

EXCLUSIVE

Fitness tests for ATC's Combine Challenge, which begins Monday, may range from sprints to squats. ISTOCK

of ATC trainers, who will also provide performance feedback. Each week two $500 prizes will be awarded — one for the high school with the top-ranked athlete and a second $500 for the athletic program with the highest cumulative score.

Today Messier, the captain of the 1994 Stanley Cup winning Rangers, is actively involved with inner city kids in the Bronx, through his Inline-2-Ice program for youths and by lending his name to ATC and ISLA. For Messier, programs like ATC that allow the students to participate regardless of socioeconomic factors create another step toward leveling the playing fields.

"Access and opportunity are the two most important things we can do to get our kids moving in the Bronx and see what kind of athletes we have in the Bronx," Messier says. "ATC strips away all social aspects, putting everyone at a level playing field. It's just them and a test and they can compete with other kids. And I find that unique."

Mark Messier
GETTY IMAGES

ISLA Community School Director Frank Cutrone says any prize money won would go toward its newly revamped school aquatics program. But to have the opportunity for ISLA students — the majority of whom weren't born in the U.S. — to participate against other students in the country, is a equally huge victory in the overall learning scheme.

"A model like ATC takes away any type of discriminatory categories, meaning for example, everyone doesn't need to know basketball [or other sports]," Cutrone says. "This app opens up to everyone not just in a certain sport but can include any student who's interested."

And at the end of the Combine Challenge, what does Aronson expect ATC will determine?

"Over the next 20 weeks you're going to see strength, power, quickness and endurance. Some of the people you are going to see — the most unexpected athletes — are going to be your top performers."

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Pat King
Grumble Editor

GOOD MORNING TO YOU, TOO!
"Good morning" is such a polite phrase when you greet co-workers or anyone at the crack of dawn. Why do so many people feel it is acceptable to enter someone's office and just start yapping away like we were in the same bed last night? What kills me is that the culprits are managers and supervisors. They get paid enough to be very happy, or at least pretend to be. I say good morning to the bus driver because I am entering his/her office. When I'm breaking my neck to catch the bus, the driver will usually wait or stop for me. Manners go a long way. Repeat after me, "Good .orning. Excuse me. Thank you."
Yolanda White, ***Metro New York reader***

SUBWAY SPACE!!
I don't understand why men have to take up every available space as much as possible in the subway. When a man sits not only do they man-spread they also slouch in the seat. When they slouch, their shoulder goes into MY space, and now their knees extend more out, not allowing people to stand there. I'm also seeing more men put their hands in their pants pocket, so now their elbow is spread out taking more space than necessary. Why should a person sit more comfortable while I'm making myself as small as possible to fit into the seat? Also when a man is standing and holding on to the railing, they hold with two hands and spread them wide as possible. This causes the people standing next to him to lean away from him. People also need to stop crossing their legs in the subway when it packed. When you cross your legs it sticks out, which then brushes against other people's legs and it takes up more space not allowing people to stand there. As for women they need to stop putting their purse on the seat next to them. Your purse is not that important that it needs its own seat. Put it in your lap.
Ilsa M., ***Metro New York reader***

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The winning caption from Ryan Medina, *Metro Boston reader*

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Aries Say what's on your mind and honor your promises. Not everyone will agree with you, but you will gain respect for standing up for your beliefs.

Taurus Just because you want to make some changes doesn't mean that others should follow suit. Do your own thing and allow everyone the freedom to do as they please.

Gemini You have the right idea, but you may not have the support you are looking for. Expect to face emotional setbacks due to someone else's interference.

Cancer Look at the possibilities and consider how to utilize your skills, improve your position and persuade others to jump on board. There is plenty to gain if you make the right move.

Leo Look at what you've accomplished and what's left to do. Personal improvements, discipline and hard work will impress family and friends.

Virgo You need a break. Try something different or visit a place you've never been before. Changing things up will give you a new perspective on what's possible.

Libra Surround yourself with positive people. You need encouragement, not criticism, to help you reach your goal. Personal improvements will boost your morale. Help those who help you.

Scorpio Words alone cannot help you get things done. Make a move and work hard until you have taken care of business and earned the right to enjoy the fruits of your labor.

Sagittarius An emotional situation should be taken seriously. Decipher what's being implied before you respond to someone. Having your facts straight will help you avoid emotional distress.

Capricorn You'll learn quickly if you attend a lecture or listen to an expert. Knowledge is power, and assessing situations and applying what you know will help you make better choices.

Aquarius Handle partnership matters openly and honestly. If you or someone else has a problem, address issues head-on and prepare to make positive changes that will get things back on track.

Pisces Express your feelings by taking action and doing what's right. Make a difference to someone you care about by offering physical help. Don't lend or borrow cash or possessions. EUGENIA LAST

NYC Doctors Urge Back Pain Sufferers

Read This Before Having Surgery or Using Opioid Drugs

Modern Treatment stands to free thousands of New York Area pain sufferers from reduced mobility, stress and poor quality of life. Treatment may help avoid surgery or overuse of dangerous medication

NEW YORK CITY - If you are interested in relieving back pain or neck pain, getting back to basic daily activities without discomfort and having more energy, than this this will be the most exciting message you ever read.

Here is why:

There is a medical clinic in New York City called ***NYC Pain MD***. Actually two of them… in different parts of the city. I'm not sure… but if I'm right… you may want to call them after reading this. If so, their phone number 877-278-8980.

Here's What This Is All About

The doctors at *NYC Pain MD* have made a discovery of sorts. It's not a discovery as in they invented something brand new. It's a discovery about when and how they apply certain back pain treatments… that they have fine tuned… and perfected to get better results than they ever thought possible.

Countless patients are living proof. **And check this out:** What NYC Pain MD doc's actually use is called an "algorithm"... a special step-by-step formula starting with proper evaluation so you make sure to leap frog or bypass treatments that won't work... and find the ones that will work best for you in a little time as possible. Less trial and failure means better quicker results for the pain sufferer.

Now, you may have even heard about many these treatments. **But here's one I bet you may have never heard of... that might help you... and it's not an "epidural".**

This treatment is called:

"Radiofrequncy Neurotomy." RF for short. RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your back or neck and one of their jobs is to sense PAIN.

Radiofreqeuncy waves are delivered to these nerves under advanced precision medical imaging to target the damaged areas... done right in their own clinic without intimidating, expensive hospitals or surgical center... to "block" the painful nerve flow.

Two steps in the formula are performed. First, a test or diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function. If this first "test" procedure is successful, RF Neurotomy or "Radiofrequency" will be performed for longer term relief.

NOT just the Treatment alone that is the key ingredient

You see, the real secret is the *formula*. And that again starts with a proper screening evaluation to determine if you are a good candidate and may achieve the results you are looking forward to. This is always Step number one.

And the best part about this screening is… It's FREE

This screening will give you so much relief just knowing what is going on… and what your best options are.

That's right. *NYC Pain MD* offers this first step screening at no cost to patients The only problem is… they often get over 100 inquiries a day as they also treat almost every painful area and joint. Sometimes its hard to get through. If you don't get through to someone when you call… keep calling… or leave a message... it will be well worth it.

But that's just the first step

After your free screening, if you qualify, the doctors will discuss the best treatment plan for you in a way that you can understand completely. Not all complex "doctor talk"...

This may be one… or a combination of the advanced medical treatments offered at *NYC Pain MD.*

Everything will be explained and all your questions will be answered. And even better:

You will be given all this At NO COST. *NYC Pain MD* doc's are not like used car salesman. They will not be giving you a sales pitch. They are doctors and will give you the best possible options to help your pain and offer to help you the best way they can. In fact, with up to 100 inquiries a day from patient's looking for relief, it's often hard to even get a treatment spot.

You should also know this: While *NYC Pain MD* cannot help everyone… so many have gotten the pain relief they were looking for.

New Techniques May Replace Medications Or Even Surgery: ***Innovative treatment is now available at NYC Pain MD. Many are seeing dramatic relief for the first time.***

One of the reasons they offer those first step free screenings, is because it has opened the door to so many people to get help that they never would have otherwise.

At the very least, you will finally have some direction and a plan. And... whether you have the best, worst or no insurance at all, *NYC Pain MD* programs can be made affordable to everyone

They do not want insurance issues… or *not* being rich or famous… to keep you away if you are suffering in pain.

There is a whole lot more I could say about their treatments etc… but this space is limited and that's best left for you and the doctors to discuss in person.

So…if you are even remotely interested … take the a first step and give them a call at 877-278-8980 and ask for your free screening.

How To Schedule Your Risk-Free No-Obligation Screening Evaluation

When you call, tell the scheduling experts you are calling for the special "No Obligation Back Pain Screening Program". They will know exactly what you need to do and will find the next available and convenient spot in our in our schedule. So again, just call 877-278-8980. The lines get very busy so if you do not get a live scheduling coordinator, make sure to leave your name, number and time of your call on our voicemail. They will get back to you as soon as possible. Again, the number to call is 877-278-8980.

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Welcome to the first CBD-centric bar

Mellow out in Astoria with specialty cocktails.

EVA KIS
eva.kis@metro.us

CBD is added to cocktails using an eyedropper to control the dose. ALL PHOTOS BY LILY BROWN

In the past year, the marijuana derivative CBD (all of the mellowness, none of the hallucinations) has turned up in lattes, snacks and private dinners. But it's all been a little wink-wink, a novelty on otherwise straightforward menus — but not at New York's first CBD bar, Adriaen Block.

The new bar and restaurant in Astoria, Queens, were designed with feeling good in mind by bartender Zsolt "George" Csonka, who's worked at nightclubs and bars in Las Vegas and New York. With a cozy eight-seat bar and 32 seats including a black leather couch, it's intimate but also very much invites anyone outside to look in and vice versa with large windows. The space is bright, and the message clear: You're not meant to hide what you're consuming.

"It was important for the space to have a warm and welcoming atmosphere to create a relaxed mood," Csonka says.

Csonka obviously had fun with the details at Adriaen Block. Like strains of marijuana, his CBD-infused cocktails ($15) have cutesy names like the Bakin' & Eggs and Mellow. Cannabidiol is added using an eyedropper to control the dosage.

"We looked at what would pair well and what would be fun, too," he says of deciding which cocktails would be complement by the cannabidiol. "For example, we wanted to have fun with classics like an old-fashioned or negroni and turned them into CBD-friendly Rolled Fashioned and Stoney Negroni." Guests can also request CBD to be added to their drink of choice.

Entirely on the other end of the spectrum, Adriaen Block offers nonalcoholic cocktails starring Seedlip, the first distilled nonalcoholic "spirit" designed to be as complex as alcohol in flavor minus the complications.

Beyond Burger

The "munchies" menu (their word, not ours) focuses on grilled meats and seafood. CBD can be added to any dish via a literal special sauce or, for dessert, with an infused whipped cream. "For the food, we wanted to make it an additional accent if guests want to try so we are using it in a special sauce and whipped cream," Csonka explains. "The sauce and whipped cream will work with many dishes and desserts respectively, the latter with coffee as well."

Named for the first Dutch explorer to navigate the so-called Hell Gate that connects the East River and Long Island Sound, Csonka's task was less daunting. He came to CBD through an interest in wellness — something the bar and restaurant world has been waking up to after chefs have come shared their physical and mental struggles.

Anecdotally, CBD is said to help with anxiety, pain and inflammation, though it has not been approved for such use by the FDA. In fact, in California (where recreational pot has been legal since 2016) just banned CBD in food and drinks because it hasn't been conclusively found food safe.

Adriaen Block is at 19-33 Ditmars Blvd., Astoria, Queens, adriaenblocknyc.com

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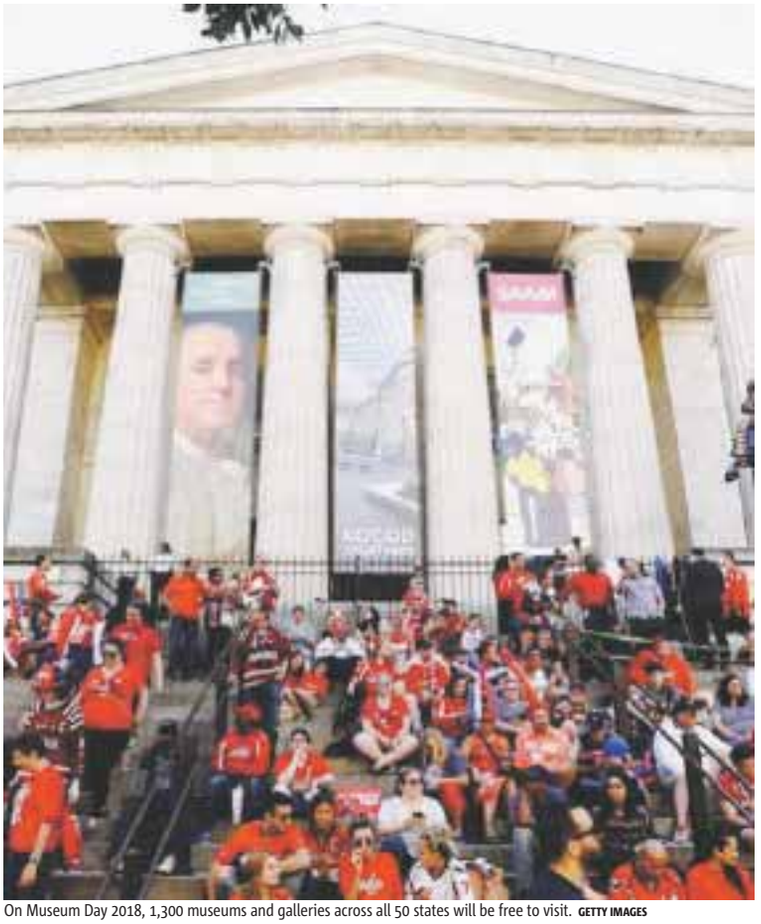

On Museum Day 2018, 1,300 museums and galleries across all 50 states will be free to visit. GETTY IMAGES

Museum Day is your ticket to free culture

Everything you need to know about how to score free admission to museums and galleries all over the city.

EVA KIS
eva.kis@metro.us

Hot travel tip: The Smithsonian Institute's museums in Washington are free to visit all year. It would be great if every museum in the country could be, too, but Museum Day 2018 gets pretty close to that utopia.

The Smithsonian Magazine-sponsored event opens the doors to hundreds of cultural institutions around the country for one day in September, but to get tickets you'll have to act sooner.

Museum Day 2018 is happening on Saturday, Sept. 22, with over 1,300 museums, art galleries, historic homes and farmhouses signed on to participate. You're not just getting free admission, either — many museums are holding special activities on a new theme each year.

For Museum Day 2018, that theme is Women Making History to honor trailblazers in the arts, sciences, innovation and culture. Among the celebrations in New York is a mixed-reality experience using the Microsoft HoloLens at the Intrepid Sea, Air & Space Museum, which will also hold a Q&A session with an astronaut as part of its four-day Space and Science Festival.

In all 16 institutions are taking part in Museum Day 2018 within the five boroughs, from the Museum of Arts and Design where contemporary makers tell stories through functional pieces from jewelry to home goods, to the Bartow-Pell Mansion in the Bronx where you can play 19th-century lawn games after touring the historic home.

How to get your free Museum Day 2018 tickets

To get your free tickets for Museum Day 2018, you'll have to sign up online for a downloadable ticket. Visit smithsonian.com/museumday starting at midnight Aug. 15 to register for your pass, which grants admission to the ticket holder and one guest.

Only one ticket may be redeemed per email address — so plan ahead in case you're looking to museum-hop to maximize your learning Sept. 22.

Check out the interactive map of all the Museum Day participants, and go learn something!

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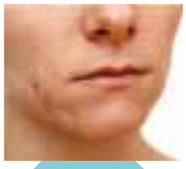

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What is light therapy, and what can it be used to treat?

From acne to skin cancer — here is everything you need to know about this innovative treatment.

PAT KING
patrick.king@metro.us

When confronting an illness, it may be a common reaction to brush off the idea of holistic or experimental treatment in lieu of traditional and what has been considered historically "fail safe" by medical professionals.

But many cancer patients can be left feeling weak after intense radiation treatments. This is why the advancement of light therapy has become a popular option for many patients who wish to avoid these negative side effects. But what is it exactly, and what other ailments can it be used to treat? Here is everything you need to know about light therapy.

What is light therapy?
Light therapy, otherwise known as phototherapy, heliotherapy, cell energy treatment (CET), and sometimes photodynamic therapy is the practice of administering intense pulsating light flashes onto a patient's skin or retina. Light therapy employs regimented exposure to daylight or specific wavelengths of light by using what is called polychromatic polarized light. This mimics the strength of the sun's rays while removing the UV radiation. This light can be produced with lasers, light-emitting diodes, fluorescent lamps, dichroic lamps or very bright, full-spectrum light.

What does light therapy treat?
Light therapy can be used to treat a number of skin conditions, including atopic dermatitis, psoriasis and severe acne. Other uses of this treatment can be to combat seasonal and nonseasonal depression, sleep disorders, jetlag and jaundice.

Perhaps the most curious aspect of light therapy is that it has also been used to treat certain forms of skin cancer and is recognized as suitable practice by the American Cancer Society. Prescribing a consistent of exposure to this rejuvenating light has also led to positive effects amongst patients who suffer from ALS disease.

Does light therapy really work?
While using light therapy can do wonders for people with light skin conditions, it can only do so much for more serious illnesses like skin cancer and ALS. According to the American Cancer Society, the use of phototherapy coupled with special drugs in what professionals call photodynamic therapy (PDT) can only really make an impact where the light actually reaches and can't kill cancerous cells that have made their way deep underneath the skin. There is also a small percentage of the population who are diagnosed with rare blood diseases that affects the skin and nervous system called porphyrias.

But for people whose ailments have been diagnosed at an early stage, different forms of this treatment can provide a precise and radiation free treatment that can also reduce the need for a patient to go under the knife for surgery.

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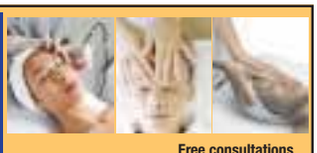

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What a negative customer experience can cost your business

How actually listening to your customers can win their loyalty.

PAT KING
patrick.king@metro.us

SS∑ PHOTOS ISTOCK

Do most businesses really believe in that age old saying "the customer is always right?" If not, they really should.

A study from NewVoiceMedia found that in 2017 American companies lost $62 billion to their competitors as a result of poor customer service, up from $41 billion in 2013.

Shaun Belding, CEO of workplace-performance-training company Belding Training, understands that this short sightedness has become a virus infecting businesses everywhere. In his new book — "The Journey to Wow" — he outlines how complacency is the enemy and says that companies should be attentive to customers like their lives depend on it.

"Customer experience has really become the single greatest driver in a company's success these days," Belding explains. "It creates loyalty. In such a competitive global world where everything is just a click away from a purchase. That kind of loyalty is really critical."

A little goodwill goes a mighty long way

To provide a customer experience that will keep your customers coming back, companies need to put themselves in the shoes of their customers. And they must go the extra mile for them if they express dissatisfaction.

"Over the last 20 years, the concept of loyalty has been corrupted," says Belding, "When we hear of loyalty, we think of things like loyalty points — you have your airline points or your hotel points. That's not loyalty, that's bribery."

Belding believes that loyalty among businesses and customers should be reciprocal. By having the point of view that you have sold something to a customer and however they feel after that transaction is up to them can cause much more of a ripple effect now in the digital age than it has before.

After averaging the amount of Twitter followers and Facebook friends the average customer has, Belding and his company were able to determine that a person will tell an average of 338 friends about a terrible customer experience online.

This is vastly more than a report by the White House Office of Consumer Affairs that showed that a dissatisfied customer will tell around nine to 15 people about their experience, while around 13% of dissatisfied customers will tell more than 20 people.

How do you create a great customer experience?

According to Belding, the key to creating a great customer experience is actually listening to your customers. You may think you have all of the answers or know how to solve your company's issues after poring over your financial data, but the customer is the one who is taking your product home.

He suggests doing as many paid focus groups as possible to get real opinions face-to-face in order to know how to make the right positive

Thousands sign petition to make LeBron James the secretary of education

Could LeBron James be the next Secretary of Education?

After founding and completely funding his I Promise school for 240 third and fourth graders in Akron, Ohio, a petition has been started to fire current secretary Betsy DeVos and replace her with King James.

James' school gained attention for its revolutionary benefits for students, including job placement for parents, guaranteed college tuition for every student who graduates and even a free bicycle and a helmet for each student.

The petition caught on and received thousands of supporters since its creation, nearly reaching its goal of 12,000 signatures.

During her tenure, DeVos has received harsh criticism from all ends of the political spectrum as well as the media for not really understanding the nuances of the public school system.

GETTY IMAGES

DeVos' husband, Dick DeVos, is the former CEO of the giant marketing company Amway, and their family has been a big financial contributor to the Republican Party.

Her time as secretary has been riddled by controversy.

James' initiative has received widespread praise.

"LeBron James is an inspiration to kids all over the country," the petition states. "He's shown he cares about America's youth and understands the power of public education in helping children meet their true potential."

The petition argues that the alternative has not been positive for kids. "Betsy DeVos was hired without ever setting foot in a public school — and she's taken every opportunity to work against the interests of the children, teachers, and families she has pledged to serve. We certainly deserve better!" PAT KING

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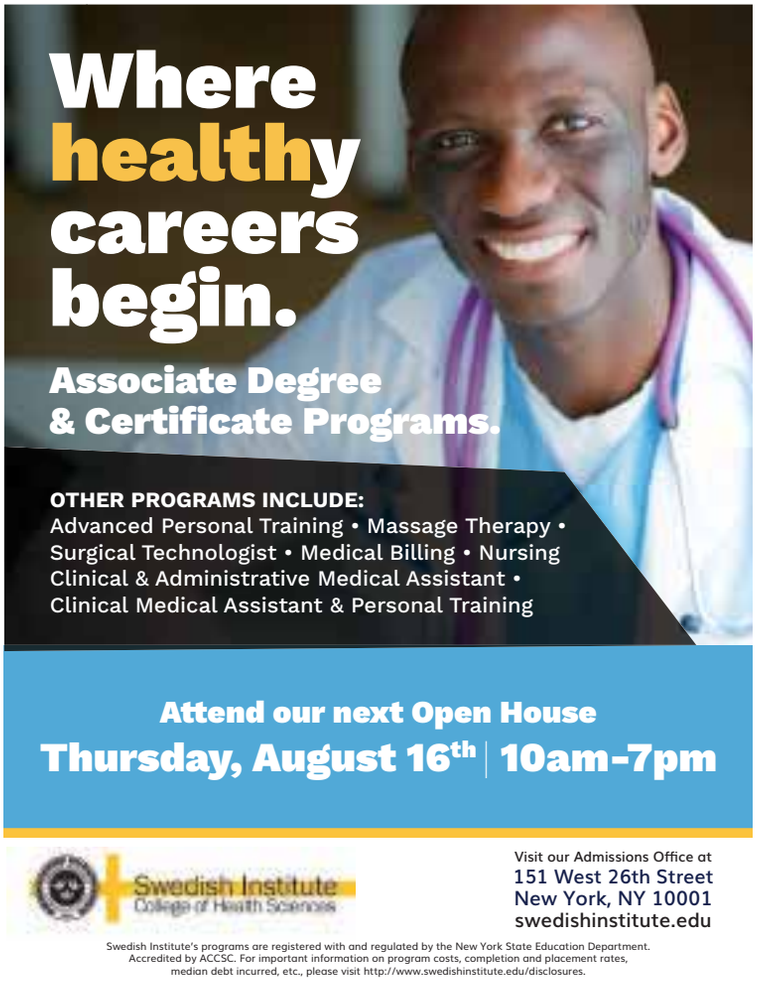
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Jets QB Teddy Bridgewater building value in preseason

Sam Darnold wasn't the only Jets quarterback impressing against the Falcons.

KRISTIAN DYER
sports@metro.us

Jets quarterback Teddy Bridgewater put on an impressive performance against the Falcons' first-string defense. GETTY IMAGES

Lost in all the buzz about Sam Darnold's sizzling preseason debut on Friday night was Teddy Bridgewater's performance. Bridgewater was a pro's pro, putting up big numbers in the New York Jets 17-0 win over the Atlanta Falcons.

There is every right for Darnold to grab the headlines based on his first-ever game as a professional, who went 13-of-18 for 96 yards and a touchdown. And while the future is undoubtedly in the 'Samchise's' hands, Bridgewater's showing should not go entirely unnoticed.

Bridgewater, brought in as a free agent this offseason, looked every bit an NFL starter, going 7-of-8 for 85 yards with a first-quarter touchdown against the Falcons' starting defense.

He suffered a serious knee injury last year and threw just two passes but didn't show any rust in his preseason debut.

"I think it's great for him to get back on the field. It was great for him just to enjoy himself and have some success early," Jets head coach Todd Bowles said. "I know he had a big smile on his face. I'm just happy for him."

But Bridgewater looked like a starter and might be a valuable commodity for the Jets if he can piece together another performance or two like the first game of the preseason.

Not only does it let them groom Darnold at a more moderate rate, but Bridgewater's stock on the potential trade market might soar.

Inevitably, some team somewhere will see a quarterback hurt in preseason or a young quarterback underperform. Bridgewater could emerge as a potential trading chip that could land the Jets a Day 2 pick to help their rebuild.

"You definitely appreciate the situation that you're in. Competition not only makes the team better, but it makes you better as an individual. At the end of the day, it's not about Teddy Bridgewater, Sam Darnold, Josh McCown, it's about the New York Jets," Bridgewater said.

"Whoever wants to give us the best chance to win football games. All of us have that mindset that we're going to continue to make each other better every day, we're going to lean on each other. At the end of the day, we have the best interest at heart for this team. We're excited about the room that we're in. Talk about three guys who play in the National Football League, it's a unique situation, and I'm glad to be a part of it."

Kyle Lauletta making early case for Giants backup QB spot

Kyle Lauletta enjoyed a solid NFL debut against the Browns. GETTY IMAGES

Saquon Barkley may not have been the most impressive rookie on the field for the New York Giants this past Thursday night. That might just have been quarterback Kyle Lauletta.

In his professional debut, Lauletta was one of the few bright spots for the Giants in their 20-10 loss to the Cleveland Browns in their preseason opener. The fourth-round pick out of Richmond was 6-of-9 for 48 yards, showing some good presence and poise in the pocket.

On a night where second-year quarterback Davis Webb didn't exactly light it up, Lauletta's solid play makes things interesting in the battle to back up Eli Manning. The quarterback out of Richmond backed up his college film as well as his showing in the Senior Bowl.

"He's very calm, and I think he finds a way to make plays. He had a nice deep ball down the sideline to Amba [Etta-Tawo] that ended up being a [pass interference]. In fact, somebody asked me at one point why we practice the one-handed catches – that was it right there," Giants head coach Pat Shurmur said.

"They arm-barred us and Amba had a chance to make the one-handed catch. We got the penalty, but we certainly would've wanted the catch. But I [think] he's got a calm presence about him. I think he lost control of the clock once, we got the ball snapped, but those are all things you learn when you're playing. So, it wasn't a bad performance to start out for him."

And while he doesn't have the strongest of arms, Lauletta did some impressive work against the Browns. Given that Webb had struggles in his decision making and ball placement on Thursday, Lauletta certainly closed the gap on Thursday night with his performance. KRISTIAN DYER

David Wright's next comeback begins

New York Mets captain and third baseman David Wright began his rehab assignment from neck and back injuries on Sunday with single-A Port St. Lucie. GETTY IMAGES

Knicks games to watch in 2018-19

The NBA released its full schedule over the weekend and the Knicks will be in the national spotlight a few times.

JOE PANTORNO
joseph.pantorno@metro.us

Patience is a virtue and for the New York Knicks, they could soon be rewarded for waiting out two decades of mediocrity.

With two max-salary slots expected next summer, the team is going to be major players in the free-agency market which could yield one or two bona fide stars coming to Madison Square Garden to team up with the likes of Kristaps Porzingis and Kevin Knox.

For the time being, though, one more down season lays ahead for a franchise that hasn't made the playoffs since 2013. The schedule for this season was released over the weekend, the team's 73rd year of existence, which will begin on Oct. 17 at Madison Square Garden against the Atlanta Hawks.

Here are some notable games to look out for while marking your calendar:

10/26 VS. WARRIORS

The defending NBA champions descend upon MSG early in the season. The New York crowd will get a chance to get an up close and personal look at Steph Curry, Kevin Durant and Klay Thompson, who could possibly be on the Knicks' radar in free agency next summer.

HALLOWEEN (10/31) VS. PACERS

In a weak Eastern Conference, the Pacers are a dark horse to make some noise this year. Victor Oladipo continues to develop into a star while the young Myles Turner as the upside to become one of the dominant big men of the East. They will visit the Knicks on Halloween night, 8 p.m. ET on ESPN.

Frank Ntilikina (11) will look to further develop his game in 2018-19 with the Knicks. GETTY IMAGES

CHRISTMAS DAY (12/25) VS. BUCKS

The tradition of the Knicks playing on Christmas Day continues for a 53rd time, the most of any NBA franchise on the holiday. They will welcome the Bucks and Giannis Antetokounmpo, who has a flair for the spectacular at MSG, 12 p.m. on ESPN.

1/17 VS. WIZARDS (IN LONDON)

For the third time in franchise history, the Knicks will play a regular-season game across the pond at O2 Arena in London, England. This winter they'll face John Wall, Bradley Beal and the Washington Wizards at 3 p.m. on NBA TV.

MLK DAY (1/21) VS. THUNDER

As the NBA continues to help celebrate the life and legacy of Martin Luther King Jr., the Knicks will host the Oklahoma City Thunder at 12:30 p.m. on NBA TV. The Thunder and 2017 MVP Russell Westbrook will be keen on showing the league that they can stay relevant in the Western Conference alongside the Warriors and Rockets.

ST. PATTY'S DAY (3/17) VS. LAKERS

LeBron James will make his first appearances at Madison Square Garden, one of his favorite places to play, as a Los Angeles Laker on St. Patrick's Day afternoon (12 p.m.). The signing of James from the Cleveland Cavaliers has suddenly catapulted the Lakers from irrelevance to contender in the loaded Western Conference as he will try to steer a young roster that features Lonzo Ball and Brandon Ingram deep into the postseason.

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NOTICE OF SALE
PUBLIC AUCTION
Supreme Court of New York, QUEENS County
WELLS FARGO BANK, N.A., SUCCESSOR BY MERGER TO WACHOVIA MORTGAGE FSB, FORMERLY KNOWN AS WORLD SAVINGS BANK, FSB, Plaintiff, -against- RAYMON MCADAM A/K/A RAYMOND MCADAM; SEETA MCADAM; NEW YORK CITY PARKING VIOLATIONS BUREAU; CITIBANK SOUTH DAKOTA NA; LVNV FUNDING LLC A/P/O HOME DEPOT; MIDLAND FUNDING LLC; MS. MCADAM (FIRST NAME REFUSED),
Index No. 707788/2015.
Pursuant to a Judgment of Foreclosure and Sale duly dated, November 14, 2016 and entered with the Queens County Clerk on December 12, 2016, as amended by an Order Substitution Referee duly dated March 31, 2017 and entered with the Queens County Clerk on May 2, 2017, Luther V. Dye, Esq., the Appointed Referee, will sell the premises known as 94-22 110th Street, Richmond Hill, New York 11419 at public auction at the Queens County Supreme Court, Courtroom 25, 88-11 Sutphin Boulevard, Jamaica, New York 11435, on September 7, 2018 at 10:00 A.M.
All that certain plot, piece or parcel of land, situate, lying and being in the Borough and County of Queens, City and State of New York known as
Block: 9393; Lot: 16
will be sold subject to the provisions of filed Judgment, Index No. 707788/2015.
The approximate amount of judgment is $372,631.75 plus interest and costs.
FRIEDMAN VARTOLO LLP
85 Broad Street, Suite 501, New York, New York 10004,
Attorneys for Plaintiff.

NOTICE IS HEREBY GIVEN that a license, Number 1311764, for Beer, Wine & Cider has been applied for by the undersigned to sell Beer, Wine & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 292 Elizabeth Street, New York, NY 10012. New York County, for on premises consumption. Torishiki USA Corp.

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NOTICE OF FORMATION of Thermidor Consulting, LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on March 8, 2018. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 405 East 77th Street, Apt. 10, New York, NY 10075. Purpose: Any lawful activity.

NOTICE IS HEREBY GIVEN that a license, Serial # 1312566, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 420 Kent Ave., Brooklyn, NY 11249. Kings County, for on premise consumption. Sea of Wolves LLC.

LEGAL NOTICES

NOTICE OF SALE
SUPREME COURT
COUNTY OF QUEENS,
CENTRAL MORTGAGE COMPANY, Plaintiff, vs.
TEOFILO MENDEZ, GLORIA HEREDIA DE MENDEZ, ET AL., Defendant(s). Pursuant to a Judgment of Foreclosure and Sale duly filed on January 03, 2017, I, the undersigned Referee will sell at public auction at the Queens County Supreme Court, Courtroom 25, 88-11 Sutphin Boulevard, Jamaica, NY on September 14, 2018 at 10:00 a.m., premises known as 5509 97th Place, Corona, NY. All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Queens, County of Queens, City and State of New York, Block 1906 and Lot 19.
Premises will be sold subject to provisions of filed Judgment Index # 5557/13.
Dominic A. Villoni, Esq., Referee
Berkman, Henoch, Peterson, Peddy & Fenchel, P.C.
100 Garden City Plaza
Garden City, NY 11530
Attorneys for Plaintiff.

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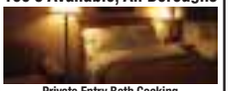

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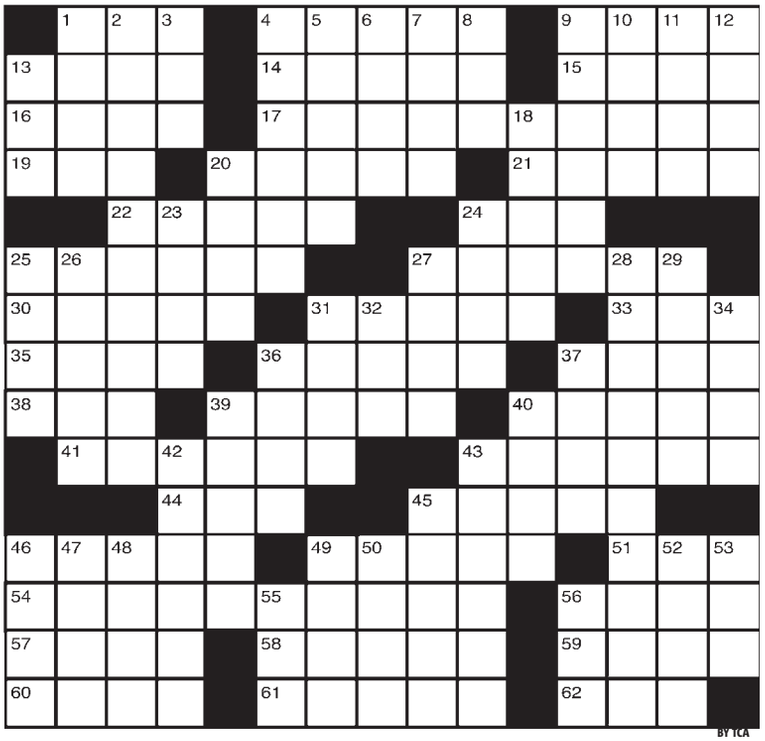

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ACROSS

1 Cambridge univ.
4 Remove the lid from
9 Hole-making tools
13 Japanese wrestling form
14 Boscs and Bartletts
15 Soft cheese
16 Dog food brand
17 Too lenient
19 "Gloria in excelsis __!"
20 Slaphappy
21 Early guitars
22 Light bulb measures
24 Not __ long; only briefly
25 Put up cash in advance
27 Thingamajig
30 Rowed
31 Sleazebag
33 Anti's vote
35 Dermatologist's concern
36 Destroys
37 Lunch spot
38 "__ got the whole world in His hands..."
39 Very talkative
40 Beauty parlor
41 TV's "__ & Greg"
43 Elbows
44 Touch lightly
45 Trigger or Mister Ed
46 Got up
49 Stockholm native
51 Fool
54 "Alice in __"
56 Near
57 Not up yet
58 Part of a pound
59 Like petits fours
60 Disarray
61 Cornered
62 Animal with hoofs

DOWN

1 Stubborn animal
2 Make poor
3 None __ soon; just in time
4 Conceited
5 Essentials
6 Ace or deuce
7 Military force
8 Fraternity letter
9 Ridiculous
10 Judge's order
11 Not taped
12 Observes
13 Melancholy
18 "__ John B"
20 Pleased
23 Unlock
24 Enemies
25 Luxurious
26 Gathered leaves
27 Declare untrue
28 Painkillers
29 Actor Willem
31 Havana's nation
32 1 of 24 in the human body
34 Strong urges
36 Freeway exit
37 Womanizers
39 A+ or C-
40 Positive
42 Not getting along
43 Gave a silent assent
45 Therefore
46 Did the breaststroke
47 "__ or not to be..."
48 Singles
49 Unkind remark
50 Dwindle
52 Eras
53 Advanced deg.
55 Decay
56 Peeples or Long

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C	E	Y	F	F	A	O	N	C	C
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C	M	A	S	T	E	R	M	E	O
O	G	I	T	R	E	V	A	B	R
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Category: Musician

	M	U	S
Y	D	D	R
W	A	T	E

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

metro.us/sudoku

6			5		3			
				2		8	1	5
2		5			4			
1			8	9		6	7	
	7	9				4	8	
	6	3		7	2			1
			2			1		8
9	2	1		4				
			1		9			6

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Yesterday's Answers

M	A	C			S	O	C	K	S		J	U	T	S
A	I	L	S		A	T	O	N	E		O	G	R	E
D	R	A	T		S	T	A	I	D		S	L	E	W
	S	P	A	G	H	E	T	T	I		E	Y	E	S
			R	E	A	R			M	A	P			
C	A	V	I	T	Y		P	L	E	T	H	O	R	A
O	V	E	N	S		D	R	O	N	E		W	A	S
B	O	R	G		F	E	A	S	T		F	I	N	N
R	I	G		C	E	N	T	S		B	I	N	G	E
A	D	E	Q	U	A	T	E		B	U	R	G	E	R
			U	P	S			G	O	N	E			
T	H	A	I		I	M	P	O	R	T	A	N	T	
R	O	L	L		B	E	A	R	D		R	E	A	D
A	U	S	T		L	A	R	G	E		M	E	M	O
P	R	O	S		E	N	T	E	R			D	E	C

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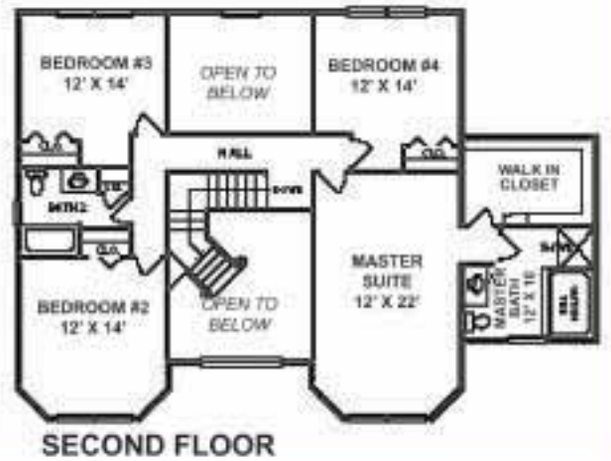

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